

Discover Ayurveda, The World's Oldest Healing Tradition



**SATURDAY, MAY 30,
1 - 3 PM @
PRALAYA YOGA
2303 DUNLAVY ST.**

\$40 IN ADVANCE | \$45 AT THE DOOR

SIGN UP FOR THIS EVENT ON THE
WORKSHOP TAB AT PRALAYAYOGA.COM OR
CALL US AT 713.953.9642

Meet the founder and director, Sunita Tarkunde, of the Houston Ayurveda Center. She has a masters degree in Ayurveda and has been practicing for the last 20 years. She is a registered nurse in the state of Texas as well as Modern medicine meets ancient tradition.

This workshop will be an introduction in Ayurveda, a science of life (Ayur = life, Veda = science or knowledge).

Ayurveda offers a body of wisdom designed to help people stay vital while realizing their full human potential. During the workshop Sunita will provide guidelines on ideal daily and seasonal routines, diet, behavior, solutions for allergies, sleep issues, and the proper use of our senses.

Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit.

*"Yoga and Ayurveda
combined have
helped me support
and trust my body's
healing power."*

*Ann Hyde,
Yoga Teacher*

